

Quote:

The drops of rain make a hole in the stone,
not by violence, but by oft falling.

Lucretius

Recipe: Sunchoke-Kale Hash with Farro

- 3/4 cup farro (a whole grain that looks like wheat)
- 2 1/2 pounds large sunchoke, peeled and cut into 2-inch pieces
- Salt
- 1 pound Tuscan kale, tough stems discarded
- 3 tablespoons extra-virgin olive oil blended with 3 tablespoons of vegetable oil
- 1 small red onion, sliced 1/4 inch thick
- 1 tablespoon unsalted butter
- 1/2 pound oyster mushrooms, halved if large
- Freshly ground pepper

1. In a medium saucepan, cover the farro with 2 inches of water. Bring to a boil, cover and cook over low heat until the farro is tender, about 25 minutes. Drain the farro.
2. Meanwhile, steam the sunchoke until tender, 10 minutes; drain. Slice the sunchoke 1/4 inch thick.
3. Steam the Tuscan kale and cook until just tender, about 3 minutes. Drain the kale and let cool slightly. Squeeze out any excess liquid from the kale leaves and then coarsely chop them.
4. In a small skillet, heat 2 tablespoons of the blended oil. Add the red onion and a pinch of salt and cook over moderately low heat, stirring occasionally, until browned, about 12 minutes.
5. In a nonstick skillet, melt the butter in 2 tablespoons of the blended oil. Add the sunchoke in an even layer and cook over high heat until browned on the bottom, about 3 minutes. Turn the sunchoke, reduce the heat to moderately high and continue cooking until starting to brown, about 2 minutes. Push the sunchoke to the side of the skillet.
6. Add 1 more tablespoon of the oil and the oyster mushrooms. Season with salt and pepper and cook over moderately high heat until browned, 3 minutes. Add the remaining 1 tablespoon of oil along with the farro, kale and onion and cook, stirring, until hot. Season with salt and pepper and serve.

News from the farm: We are in the final throes of the season--a demanding transition into our 'down time'. Little by little we are getting all of our machinery winterized and stored under cover intermixed with tasks like harvesting & packing orders; putting away tables, chairs, greenhouse plastic, & row cover; doing daily animal chores; and reeling in miles worth of drip tape. Garlic seed for the 2015 crop will go in the ground next week as long as we get a dry spell. Or, maybe I should say, as soon as we get a dry spell. Inside the farmhouse, I'm working on adding an option on our website for select Winter CSA shares including fabulous grass-fed goodies like chicken, eggs, lamb & duck. If you're interested, please check back online very soon.

Here's what's in your box: bunched carrots, lacinato kale, red potatoes, scallions, green cabbage, padron peppers, tomatillos, cilantro, celeraic/celery root, sunchoke/jerasulam artichokes

Did you know? The Sunchoke, my preferred name for this lovely tuber, is a species of sunflower native to eastern North America. The plant has a striking resemblance to a lofty sunflower although it blooms in late October--a nice respite since most of our other plant species are doing just the opposite. What lies underground is just as impressive. The tuber (it resembles ginger) is connected to the stalk, but once it's been cut the tuber can be harvested and eaten either raw, baked, roasted, hashed, steamed, pickled or fried. Cooking brings out the sweet and nutty flavor of the tuber and it tastes very similar to an artichoke heart. The sunchoke contains about 10% protein, no oil, and a surprising lack of starch. As a result, sunchoke rate very low on the glycemic index since they don't cause a spike in blood sugar levels which would require the assistance of insulin in order to shuttle sugar from the blood into our cells. The fibers can be hard for some people to digest so start out in moderation when you're first getting to know this tasty tuber.